

BLOOD PRESSURE IN INFANTS, CHILDREN AND ADOLESCENTS

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Toxoplasma Gondii Transmission From Cats to Children

RECOMMENDATIONS to avoid *Toxoplasma gondii* transmission: one is that cats should not be fed raw meat. And if they are, because they hunt, they are likely to shed infectious feces at some time. Pregnant women should avoid cats and especially should not change a cat's litter box. It takes about two to three days at room temperature for the oocyst feces to become infected. Therefore, cat litter should be changed every day. It should not be randomly dumped outdoors, but it can be sterilized either by boiling or with dry heat or by burning. (I have never known a cat owner, however, who boiled or burned cat litter.) It could be flushed down the toilet, if you can stand the plumbing bills. Ordinary household disinfectants do not dependably kill oocysts. And if you do like to eat raw or undercooked meat, it should be solidly frozen before being prepared for a meal.

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